



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 9:30: Piecemakers No Programs Pre-Election Preparation Scalloped Chicken	2 Trip: Wal-mart Rt. 9 10:00: Independent Artists Election Day! Noon: Painting with Elaine Seafood Newburg	3 No Programs on side B 12:30: Bridge 1- 3:00: Whist No Pilates No Chair Pilates Beef Strip Steak	4 9:00: Men's Group 9:00: Acrylic Painting* 9:00: Bocce, Horseshoes 10:45: Water Color* 1:00: Pitch Chicken Primavera	5 9:30: Writer's Workshop 10:00: Cribbage 1- 3:00: Busy Hands Macaroni and Cheese
8 9:30: Piecemakers 11:00: SSC Club 11:30: Whist 12:30: Bridge Beef Rib Patty	9 Trip: Greendale Mall 10:00: Senior Line Dance* 10:00: Spinal Screening 10-12 :00: Independent Artists Noon: Painting with Elaine 1:00: Hearing Screening 3:15: Tai Chi*, 4:00: Tai Chi* Spaghetti	10 9:30-10:30: Fitness & Nutrition 10-noon: COA Board Meeting 11:00: Yoga 12:30: Bridge 1- 3:00: Free Legal Clinic with Jim Slavin 1-3:00: Whist No Pilates No Chair Pilates Chicken	11 Veterans' Day All Municipal offices closed	12 9:30: Writer's Workshop 10:00: Cribbage 1- 3:00: Busy Hands Baked Ham
15 9:30: Piecemakers 11:00: SSC Club 11:30: Whist 12:30: Bridge Vegetable Cheese Bake	16 Trip: Xmas Tree Shop 10:00: Senior Line Dance* 10:00: Independent Artists Noon: Painting with Elaine 1:00: Friends of the Shrewsbury Senior Center, Inc. 3:15 Tai Chi,* 4:00: Tai Chi* Pork Stir Fry	17 9:30 -10:30: Fitness & Nutrition* 11:00: Yoga 11:00: Blood Pressure Screening 12:30: Bridge/1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates Corn Chowder & Crackers	18 9:00: Men's Group 9:00: Acrylic Painting* 9:00: Bocce, Horseshoes 10:45: Water Color* 1:00: Pitch 5:30: Community Dinner at S.H.S Chicken L'Orange	19 9 -10:30: Rep. Polito Office Hours 9:30: Writer's Workshop 10:00: Cribbage 11:30: Lunch and Movie 1- 3:00: Busy Hands Hot Dog
22 9:30: Piecemakers 11:00: SSC Club 11:30: Whist 12:30: Bridge Beef Pepper Steak	23 Trip: Solomon Pond Mall 10:00: Independent Artists 10:00: Senior Line Dance* Noon: Painting with Elaine (No Tai Chi Classes) Special Thanksgiving Dinner: Roast Turkey	24 * 11:00: Yoga 12:30: Bridge 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates Beef Ziti Bake	25 Thanksgiving Day All Municipal Offices Closed	26 9:00: Newsletter Mailing 9:30: Writers Workshop 10:00: Cribbage 1-3:00: Busy Hands Chicken Mornay
29 9:30: Piecemakers 11:00: SSC Club 11:30: Whist 12:30: Bridge Teriyaki Chicken	30 Trip: Millbury Plaza Rt. 146 10:00: Independent Artists 10:00: Senior Line Dance* Noon: Painting with Elaine (No Tai Chi Classes) Stuffed Cabbage	Elder & Disability Law Advocates Guardianships Estate & Medicaid Planning Medicaid Benefit Applications Worcester (508) 755-6525	PLEASE NOTE: All <i>special</i> monthly activities, meetings and screenings <i>appear in italics</i> on the Calendar. Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events. <i>The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</i>	